



# WESTRIDGE NEWS & VIEWS

A Monthly Publication of the Westridge Homeowners Association  
(a non-profit homeowners association)

PO Box 621172, Littleton, CO 80162-1172  
<http://www.neighborhoodlink.com/Westridge/home>

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## More Westridge Students Complete Judy Susman's 30-Book Challenge!

Judy Susman says congratulations to **Brandon LaGuardia, Katie Eckhardt and Charlie Eckhardt**. Brandon, Katie and Charlie recently completed the required 30 books and received free gift cards for their effort. Judy believes that reading is vital, so she encourages kids to get involved in this program. To date, 171 rewards have been earned by Westridge students and Judy has donated \$3,600 to the school to benefit literacy and technology. If you need a reading card or more information, contact Judy directly by calling 303.570.5109 or emailing her at [Judy@JudySusman.com](mailto:Judy@JudySusman.com).

## A Hard Look at School Safety

The shocking and senseless murder of twenty students and six adults at Sandy Hook Elementary in Connecticut is a painful reminder that schools are not always the safe havens we expect them to be. The incident has caused us all to ask again, how can we improve school safety when resources are limited?

The 1999 attack on Columbine High School was a watershed event that forced changes in law enforcement tactics and school security procedures. Today, our deputies have more information (school layouts, school procedures), equipment (computers, rifles, inter-agency radios) and training (incident management system, rapid and immediate deployment, mass evacuations). The Sheriff's Office works together with school administrators and district officials to coordinate crisis plans and provide school security audits. The Safe2Tell program urges students to call in anonymous tips about threats, bullying or suspicious activity.

While school safety has come a long way in the last thirteen years, there is still work to be done. There is no simple answer to school safety when each school is different. But one of the simplest and most critical ways to ensure safety is for the schools to have a crisis plan, and to practice it. Lockdown and evacuation drills are now mandated by the school district, and not only do we participate, but we help develop and implement the drills.

### The role of the school resource officer (SRO)

Ten school resource officers cover 56 public schools and 6 charter schools in unincorporated Jefferson County. The many schools generate a steady load of calls for service – everything from assaults to parking violations. SROs handle these calls. SROs are also part-time educators, and often teach classes on topics such as drugs, sexting, bullying, diversity and the Safe2Tell program. Additionally, SROs function as counselors for students who are making bad choices, committing crimes or exhibiting unsafe behavior.

All SROs work hard to keep up with interviews, reports, school checks, parent contacts and more. Neither they, nor the patrol deputies on the road, can stand guard at our schools' front doors. In the case of an emergency, we must rely on preparation, good crisis planning, good communication and a swift and effective response.

All SROs were trained this summer in the single officer response to active



## Columbine Area Preschool Registration Information for the 2013/14 School Year

Columbine Area Preschool (Jefferson County Public Schools) located at 5977 W. Elmhurst Ave. Littleton CO 80128 will accept registrations for August 2013 at the preschool, and will continue as long as space is available. We offer two, three, and four-day programs of active learning in a developmentally appropriate environment for children ages 3 to 5. We offer 2.5 or 3 hour sessions. Our curriculum, "Tools of the Mind" is endorsed by Jefferson County Schools. Colorado Preschool Program scholarships are available for those families who qualify. When you come to register, please bring a copy of your child's birth certificate and immunization record. You are welcome to visit any time. For information and directions to Columbine Area Preschool, call **Kelly Kennelly at 303-979-5230**.

## Don't Skip Your Workout: Brain Health

Exercise is good for your body, of course. But it may keep your brain healthy as well, especially as you grow older.

A study of more than 600 older people (average age 74) found that those who exercised three or more times a week for 30 minutes at a time were about 40 percent less likely to develop vascular dementia (associated with reduced flow of blood to the brain) than those who weren't as physically active.

Exercise didn't appear to have any impact on the subjects' risk of Alzheimer's disease, which is just one specific form of dementia, but those who did work out were generally less likely to develop difficulties with their thought processes.

It's a win/win situation, researchers say. Not only will regular exercise help you feel better as you age, but it may increase your chances of enjoying a long life with all your faculties intact.

*continued on page 3*



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## Westridge Homeowners Association

PO Box 621172, Littleton, CO 80162-1172.

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*If you would like to volunteer, be a member of  
or form a committee, please contact a board member!*

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### Websites

Westridge Homeowners Association:

[www.neighborhoodlink.com/Westridge/home](http://www.neighborhoodlink.com/Westridge/home)

(includes: calendar of events & homeowner covenants)

COHOPE: [www.cohopejeffco.com](http://www.cohopejeffco.com)

Advertising: [www.ColoradoLasertype.com](http://www.ColoradoLasertype.com)

The *Westridge News & Views* is published monthly by the Westridge Homeowners Association, a non-profit homeowners association. The HOA mailing address is PO Box 621172, Littleton, CO 80162-1172.

### News Articles

The deadline for news articles is the 12th of the month before the next month's issue. Please email news articles to the editor at [dwjames@centurylink.net](mailto:dwjames@centurylink.net). No endorsement of any product or service is implied or stated by its inclusion in the newsletter.

### Advertising

The deadline for advertisements is the 15th of the month for the next month's issue, except for the Jan. issue which is Dec. 6th.

To place an ad, call **Colorado Lasertype, 303-979-7499**.

Email: [getinfo@coloradolasertype.com](mailto:getinfo@coloradolasertype.com)

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## American Heart Month

Heart disease kills approximately 630,000 Americans each year and is the leading cause of death for both men and women. February has been celebrated as American Heart Month since 1963 to urge Americans to live a healthy lifestyle and join the battle against heart disease.

## 2013 Westridge Homeowners Association Dues

Due January 1st, 2013

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone (optional) (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

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**School Safety,** *continued from front page*

shooter tactics by Sergeant A.J. DeAndrea of the National Tactical Officer's Association. The knowledge gained from this training includes the hierarchy of needs. As such, SROs place themselves in harm's way to protect the citizens they serve, the victims and bystanders.

**Review, revise and improve**

Each example of school violence we see in the news is different than the ones that came before. In the wake of Sandy Hook, we have yet another perspective to bring to the table as we review current school safety methods.

Lessons learned from training exercises and real-life incidents like Platte Canyon inform ongoing crisis planning. The Standard Response Protocol (SRP) was created in 2009 by the "I Love U Guys" Foundation. The SRP has been presented at hundreds of events, conferences and venues. The premise is simple-there are four specific actions that can be performed during an incident: Lockout, Lockdown, Evacuate and Shelter. This classroom response has been adopted by Jefferson County Schools. Mindful of the events at Sandy Hook, we are bringing renewed vigor to our meetings with school officials as together we review, revise and improve safety plans and procedures.

**What parents can do**

Communicate with your children, and with their schools. Find out what safety plans are in place at your child's school, such as procedures for visitors. No matter how old they are, talk to your children about personal safety. Be sure they know how to report strangers at their school, and what kinds of concerns merit telling a teacher or SRO. Also, make a plan in case of an emergency; if your child's school is in lockdown, you won't be able to pick them up, so let them know how to get in touch with you.

**Resources**

The Sheriff's Office offers the 24-hour Safe2Tell hotline: 1-877-542-7233.

— Sheriff Ted Mink

**Columbine Library News**

AARP begins tax help on Wednesday, Feb. 6th from 12:30 to 3:30. This income tax assistance runs each consecutive Wednesday afternoon through April 10th.

Computer Classes on the eTrain in the library's parking lot:

Friday, Feb. 1st, 10 – 12	Microsoft Word Basics
Friday, Feb. 8th, 10 – 12	Microsoft Excel Basics
Friday, Feb. 15th, 10 – 12	Social Networking Basics (Facebook, Twitter, LinkedIn)
Friday, Feb. 22nd, 10 – 12	Managing Your Digital Camera Photos Online
Monday, Feb. 25th, 1 pm	Downloading library eBooks to Your Device

**Teen Services**

To add your teen's name, please email **Colorado Lasertype** at [getinfo@coloradolasertype.com](mailto:getinfo@coloradolasertype.com) and leave the following information: the **neighborhood you live in**, your age, phone number and the categories you would like included. Categories: **(B)** Baby-sitting; **(\*)** Red Cross Cert for CPR; **(L)** Lawn care; **(S)** Snow removal; **(P)** Pet & House sitting. No recommendation or endorsement of any of the names on this list is implied or stated by the homeowners association board or Colorado Lasertype.

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### **Happy Valentine's Day: Some Fun Facts**

Sixty-two percent of Americans celebrate Valentine's Day. How do they observe it? Take a look at these statistics:

- **Chocolate.** Americans buy 58 million pounds of chocolate during the week of Valentine's Day, spending \$448 million.
- **Cards.** We buy about 150 million "Will you be my Valentine?" cards each year.
- **Gifts.** Men spend an average of \$150 on cards and gifts; women spend an average of \$74.
- **Flowers.** Twenty-three percent of us buy flowers or plants as Valentine's Day gifts: 61 percent of these buyers are men, and 39 percent are women. The top choice? A mixed bouquet, followed by red roses.
- **Champagne.** Americans buy 174,000 gallons of sparkling wine through Valentine's week, worth about \$8.6 million.

### **Is Your Loss of Temper Something Serious?**

Everyone gets angry from time to time. If you (or someone close to you) regularly erupt with rage, though, you may be dealing with "intermittent explosive disorder," commonly associated with incidents of road rage or domestic abuse.

According to a report from Mayo Clinic, these explosive outbursts usually last 30 minutes or less, and they can result in verbal assaults, destruction of property, and even physical injury to the sufferer or those nearby. Weeks or months may pass between incidents.

The causes of the disorder aren't known, but doctors believe it's related to several factors: environmental (exposure to violent or abusive behavior at an early age), genetic (the disorder may be passed from parent to children), and chemical (problems in the brain's processing of serotonin). Additional risk factors include a history of substance abuse or physical abuse, age (it's most common in teenagers and people in their early 20s), and gender (men are more likely than women to be diagnosed).

Treatment usually consists of a combination of medication and cognitive behavioral therapy. Talk with your physician if explosive outbursts are a concern to you or your loved ones.

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